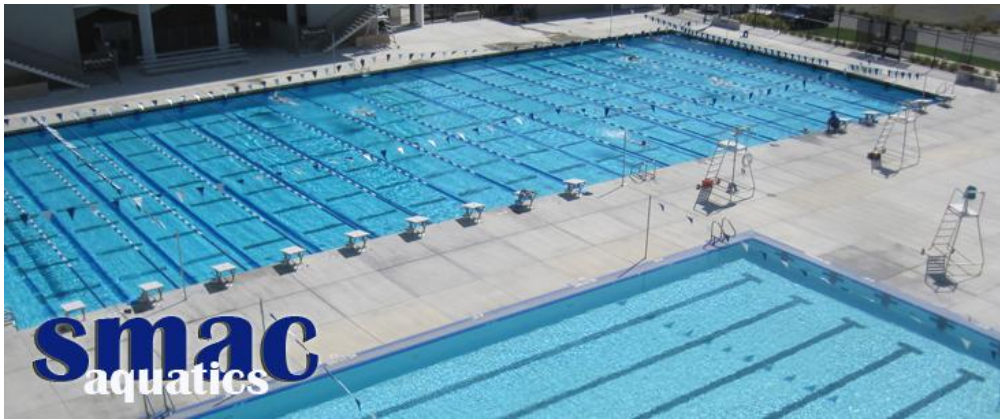


**SAN MATEO ATHLETIC CLUB**  
**AMERICAN RED CROSS**  
**CERTIFICATION COURSE**  
**LISTINGS/INFORMATION**  
**2014 - 2015**

**LIFEGUARD CERTIFICATION**  
**LIFEGUARD RECERTIFICATION**  
**CPR/AED CERTIFICATION**





# SAN MATEO ATHLETIC CLUB

## AMERICAN RED CROSS LIFEGUARD CERTIFICATION COURSE

**Course Description:** Do you have what it takes to be a lifeguard? Through videos, group discussion and hands-on practice, you'll learn teamwork, rescue and surveillance skills, First Aid and CPR/AED and other skills you need to work as a professional lifeguard. Successful completion results in a 2-year certification in Lifeguarding that includes first aid, professional-level CPR and AED in one certificate. Digital certificate available upon successful completion of course.

**PLEASE NOTE:** Course participants must be at least 15 years old and good swimmers\*. They must be able to swim 300 yards using front crawl (freestyle), tread water without using their hands for 2 minutes, complete a timed event and retrieve a brick in 7 feet of water. If you are not a strong swimmer, please take swimming lessons before the lifeguard training class. You will NOT be able to continue in the class if you fail the swim test on the first day. To successfully complete the course, participants must attend all sessions, score at least 80% on two written tests and pass the practical portion of the exam.

### Next LIFEGUARD Course Dates:

**SESSION 1:** Friday, August 29th - Monday, September 1st

**SESSION 2:** Thursday, January 2<sup>nd</sup> – Sunday, January 5<sup>th</sup>

DAY 1: 5:30pm-10pm

DAY 2: 12pm-7pm

DAY 3: 12pm-7pm

Day 4: 8am-4pm

\*\*\*note: 100% attendance is required to complete the course!

# BE A LIFEGUARD



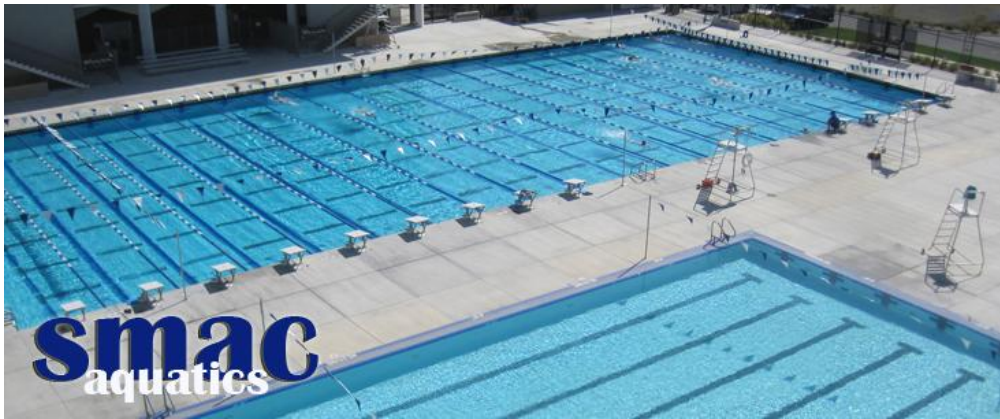
**Cost:** San Mateo Athletic Club Members: \$275

Guests: \$300

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register.

For more information contact our Aquatics Desk at 650.378.7383

OR e-mail Samantha at [fallons@smccd.edu](mailto:fallons@smccd.edu)



# SAN MATEO ATHLETIC CLUB

## AMERICAN RED CROSS

### LIFEGUARD RECERTIFICATION COURSE

**Course Description:** This is a fast-paced two-day review course with a main focus on the hands-on skills of Lifeguarding (CPR/AED/First Aid and Water Rescues). Participants must be currently certified or have successfully completed an American Red Cross Lifeguard Training course within the last two years. Successful completion results in a 2-year certification renewal. Digital certificate available upon successful completion of course.



#### Next LIFEGUARD RECERTIFICATION

##### CHALLENGE Course Dates:

##### Saturday, August 16th and 17th

DAY 1 (Saturday): 2pm-8pm

DAY 2 (Sunday): 12pm-7pm

##### Saturday, August 23rd and 24th

DAY 1 (Saturday): 2pm-8pm

DAY 2 (Sunday): 12pm-7pm

##### Saturday, September 20th and 21st

DAY 1 (Saturday): 2pm-8pm

DAY 2 (Sunday): 12pm-7pm

##### Saturday, October 11th and 12th

DAY 1 (Saturday): 2pm-8pm

DAY 2 (Sunday): 12pm-7pm

\*\*\*note: 100% attendance is required to complete the course!

**Cost:** San Mateo Athletic Club Members: \$125

Guests: \$150

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register.

For more information contact our Aquatics Desk at 650.378.7383

OR e-mail Samantha at [fallons@smccd.edu](mailto:fallons@smccd.edu)





# SAN MATEO ATHLETIC CLUB

## AMERICAN RED CROSS CPR/AED COURSE

**Course Description:** Learn how to provide care in cardiac or breathing emergencies. Through videos, group discussion and hands-on training, you'll learn how to save a life! Successful completion results in a 2-year certification in CPR/AED for the Professional Rescuer for Adult, Child, and Infant. Digital certificate available upon successful completion of course. Participants must be at least 15 years of age to register.



LEARN HOW TO SAVE A LIFE!



**Next Course Dates for  
CPR/AED CERTIFICATION:**

**Sunday, August 10<sup>th</sup>**

**Sunday, November 9th**

Class sessions are from 11am-2pm

**Cost:** San Mateo Athletic Club Members: \$75

Guests: \$90

Payments can be made at the Courtesy Desk in the form of cash, check, or credit card. Please make checks out to: San Mateo Athletic Club. Payments must be received prior to the first day of the course in order to enroll. Participants must be at least 15 years of age to register.

For more information contact our Aquatics Desk at 650.378.7383

# San Mateo Athletic Club

## Registration Form for Adult Aquatics Programs/Certifications

Please submit this form to San Mateo Athletic Club's Courtesy Desk, fax to 650-378-7374, or scan and e-mail to [smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu)

|                           |              |                     |
|---------------------------|--------------|---------------------|
| Participant's Full Name   | Age          | Member of SMAC? Y/N |
| Address                   | City         | Zip Code            |
| Home Phone #              | Cell Phone # | E-Mail Address      |
| Name of Emergency Contact | Relationship | Emergency Phone #   |

Private Lessons (please complete information below)

|                                 |  |
|---------------------------------|--|
| Preferred Schedule (days/times) | Instructor Preference (male/female, name of instructor etc...) |
|---------------------------------|--|

**FALL 2014 – SPRING 2015 Adult Group Swim Lessons** (please check off appropriate level below)

- |                          |                      |                          |
|--------------------------|----------------------|--------------------------|
| <input type="checkbox"/> | Fearless Swimming    | Wednesdays 5:30pm-6:30pm |
| <input type="checkbox"/> | Fearless Swimming    | Saturdays 8:00am-9:00am  |
| <input type="checkbox"/> | Swimming with Ease   | Mondays 5:30pm-6:30pm    |
| <input type="checkbox"/> | Swimming with Ease   | Sundays 8:00am – 9:00am  |
| <input type="checkbox"/> | Swimming for Fitness | Tuesdays 5:30pm-6:30pm   |

**FALL 2014 – SPRING 2015 Adult Group Swim Lessons Session Dates:**

|                          | Dates:  | # of Weeks | SMAC Member Fees | Non Member Fees |
|--------------------------|---|------------|------------------|-----------------|
| <input type="checkbox"/> | September 2 <sup>nd</sup> – November 10th         | (10 weeks) | \$ 250           | \$ 300          |
| <input type="checkbox"/> | January 10 <sup>th</sup> – March 22 <sup>nd</sup> | (10 weeks) | \$ 250           | \$ 300          |
| <input type="checkbox"/> | March 23 <sup>rd</sup> – May 31st                 | (10 weeks) | \$ 250           | \$ 300          |

**Certification Courses:**

|                          |  |        |        |
|--------------------------|--|--------|--------|
| <input type="checkbox"/> | Lifeguard Certification Course             | \$ 275 | \$ 300 |
| <input type="checkbox"/> | Lifeguard Recertification Challenge Course | \$ 125 | \$ 150 |
| <input type="checkbox"/> | CPR/AED Certification                      | \$ 75  | \$ 100 |

**Start Date of Course:** \_\_\_\_\_



# SAN MATEO ATHLETIC CLUB AQUATICS PROGRAM WAIVER

**Please read and sign the release below:**

I, \_\_\_\_\_, have voluntarily requested to participate in swim lessons or certification programs offered by the San Mateo Athletic Club. I am aware that attending or participating in these activities involves risk of injury to person and property. I voluntarily accept and assume all risk from attending and participating in these activities. In consideration of being permitted to participate in these activities, I agree, on behalf of myself, my heirs, personal representatives and assignees, not to make any claim against or sue the City of San Mateo, College of San Mateo, San Mateo Athletic Club or any of their employees, officers, directors, agents, contractors, members or board members (collectively referred to as the "RELEASED PARTIES") for any injury or damage to myself, anyone else, or any property arising from the negligence, or other acts, however caused, of any of the Released Parties. In addition, I release and discharge the Released Parties from any and all actions, liabilities, losses, claims or demands that I, my respective heirs, personal representatives or assignees, have or may hereafter have for personal injuries to myself, anyone else, or property damage resulting from my attendance at or participation in swim lessons offered by the San Mateo Athletic Club. **I HAVE CAREFULLY READ THE LANGUAGE ABOVE. I UNDERSTAND THIS IS A COMPLETE RELEASE OF ALL LIABILITY, AS WELL AS A PROMISE NOT TO SUE OR MAKE A CLAIM.**

**Date:** \_\_\_\_\_

**Name of Participant:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Mail:**

San Mateo Athletic Club  
c/o Aquatics, Building 5  
1700 W. Hillsdale Blvd.  
San Mateo, CA 94402

**Email/Website:**

[smac.aquatics@smccd.edu](mailto:smac.aquatics@smccd.edu)  
<http://www.smccd.edu/sanmateoathleticclub/aquatics>

**Fax:**

650.378.7374